

Meat Lasagne

Pasta

- 100g '00' flour
- 1 egg

1. Measure the flour into a mixing bowl.

2. Add the egg and combine.

3. Cut into 2 sections and flour.

4. Using the pasta machine roll through on the widest section until thin for lasagne. Set aside on greaseproof paper

Meat sauce - Ingredients

100g beef

1/2 onion

1/2 peppers

1/2 can chopped tomatoes

1 tablespoon tomato puree

1 tablespoon oil

Salt and pepper

1 teaspoon garlic puree

1 teaspoon Oregano

1 beef stock cube in 200ml hot water

Meat Sauce - Method

1. Add the chopped onion and garlic. Fry for 2 - 3 minutes .

2. Add minced beef and brown all over for a few minutes.

3. Add the peppers and cook for a further 2 minutes

4. Add the oregano and stock and stir before adding the tinned tomatoes, tomato puree and water. Bring to the boil and season with salt, pepper

5. Place the lid on the saucepan and allow to cook for 15 - 20 minutes.

White sauce - Ingredients

25g butter

25g plain flour

150ml (1/2 pint) milk

Salt and white pepper

75g (3oz) cheese, grated

White sauce - Method

1. Place the butter in a pan and heat until it melts. Add the flour and stir for 1 minute. This will cook the flour/butter.

2. Stir in the milk a little at a time on a medium heat.

3. Bring to the boil, whisking continuously until the sauce comes to the boil and begins to

4. thicken. Add cheese, salt and pepper to sauce and allow to thicken.

Assembling your Lasagne

Layer your Lasagne, starting with meat sauce at the bottom. Followed by a Lasagne sheet, then white sauce. Repeat once more. Add grated cheese on top. Oven bake until cheese is melted, golden brown and the lasagne sheets are cooked.